

# THE JADE BUDDHA

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## Bring a friend to the Dojo

*January 20-25th*

Ask friends and family now and get them excited about trying some free classes. Sign up sheet will be on the events board.

### CUBA Winter Camp

*CMAC Winter / Spring Camp  
February 28 - March 7, 2003*

If you're missing out on the upcoming CMAC Hawaii Trip, start thinking about making the trip to Cuba with your fellow classmates!

### Black Belt Grading

*February 9th*

*at the Holiday Inn in Oakville.*

There will be a Tai Chi seminar at 10 a.m. before the grading.

Watching or participating in a grading is always a learning experience.

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*"The surest way to encourage violence is to give into it."*

## SENSEI'S NOTE

This New Year's, change the word resolution to *GOAL*.

A New Year's Resolution is a joke that people only laugh at, it is never taken seriously, and therefore it has no *POWER*. *GOALS* on the other hand, have tremendous power and people do take them seriously.

Goals; the purpose of goals is to focus our attention. The mind will not reach toward achievement until it has clear objectives. The magic begins when we set goals. It is then that the switch is turned on, the current begins to flow, and the power to accomplish becomes a reality.

But if you're going to call it a goal, you must earnestly desire it.

Desire; a key ingredient to success. Many a talented individual failed because they lacked desire. Many victories have been snatched by the underdog because they wanted it more. So if you desire intensely and act upon it, then everything stands within your reach.

## TRAINING TIP

With all that's been said about goals, make them realistic. Start with just showing up to class on regular basis. One class at a time, one day at a time, one move, one kata, one belt at a time.

The Kata is the foundation of your Martial Arts training. It teaches you to think first, and then say what you're going to do, and then you do it. Every time you do a kata you accomplish a goal, it teaches you, that you can achieve your goals.

The kata teaches us about ourselves, if the kata is difficult, do you give up, or do you persevere. Winners never quit and Quitters never win.

Through the kata training you will gain the following, speed, power, balance, posture, technique, grace, fluidity, endurance, coordination, and clarity of the mind.

Katas are the distilled, concentrated wisdom, understanding, and experience of hundreds of great Karate masters, translated into a language of rhythmical movements, breathing and peak awareness. When one begins to understand them one glimpses a new world of untold internal riches.

## KYU GRADING RESULTS

for December 14th

### ORANGE BELTS- KARATE

Carey Burton, Rob Martin

### YELLOW BELTS-KARATE

Roman Ugovsek, Julia Merlini,  
Max Ash

0-Fails

1-Probation

### CONGRATULATIONS!

Next Kyu Belt grading January 25th



*"We are the sum total of own thoughts and actions."*

## EVENTS CALENDAR

### January, 2003

- 1 -Dojo closed
- 2 -Dojo open
- 11-18 -Hawaii Winter Camp
- 24 -26 -Master Key Seminar
- 25 -Kyu belt grading

### February, 2003

- 9 -Tai Chi Seminar
- 9 -Black Belt Grading
- 22 -Kyu belt grading
- 28 -Cuba Winter Camp

### March, 2003

- 30 -USAGA Tournament



## FOR YOUR HEALTH

### Enzymes; Liberate your Energy

Enzyme preservation is the secret to health. Papayas, pineapples and sprouts are among those plants providing a rich source of digestive enzymes.

The heat used by modern cooking and pasteurization or irradiation destroys virtually all enzymes in our food and this terminates the transfer of life energy. In fact, this produces a reverse flow which removes enzymes from the system to make up for their loss, insidiously undermining our health and steadily draining our reserve energy. We may get away with this for a time, particularly when we are young and healthy, but years of this process slowly erodes our health and can open the door to a host of 'mysterious' ailments. Making sure you have enough enzymes with meals results in good digestion - indispensable for better health and regeneration. This will liberate your energy!

Supplements available through your Dojo.

*See Sensei for your order:*

Enzymes (120 tablets) for \$33.07 +tax

Vegetarian also available

\*orders are placed on the 15th of the month.

## MERCHANDISE INFORMATION

For all your Karate, Tai Chi, Kobudo needs pick up a copy of our catalogue. There are plenty of items to choose from. All orders are placed at the end of each month.

### General Checklist:

**Karate:** Gi (uniform), mouthpiece, safety equipment and wooden knife.

**Tai Chi:** Red CMAC T-shirt, black pants, tai chi shoes and tai chi sword.

**Kobudo:** Wooden knife, Bo, Jo, Escrima sticks.

Remember, the USAGA Prep tournament is a couple months away, start thinking of what equipment you will need to compete.

*See Sensei if you are unsure of the equipment you need in order to train in your chosen art.*



*"It's harder to get out of trouble, than it is staying out of trouble."*

## THE DILEMMA

To laugh, is to risk appear the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk rejection.

To place dreams before the crowd is to risk ridicule.

To love is to risk not being loved in return.

To go forward in the face of overwhelming odds is to risk failure.

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing does nothing, has nothing, is nothing, he may avoid suffering and sorrow, but he cannot learn, feel, change, grow, or love Chained by his certitudes he is a slave, he has forfeited his freedom.

Only a person who takes risks is free.

## THE POWER OF WORDS

Did is a word of Achievement

Won't is a word of Retreat

Can't is a word of Defeat

Ought is a word of Duty

Try is a word each hour

Will is a word of Beauty

Can is a word of Power.

### *Thank you!*

Sensei & Senpai would like to thank everyone for the many thoughtful gifts and also wish for you a wonderful New Year!

### *Did you know...*

## 2003 Brings in Year of the Sheep

The year 2003 is the year of the sheep according to the 12-year-cycle lunar calendar and being eighth of the 12 animals in the Eastern zodiac, the sheep is considered sacred and has long been a symbol of peace. Tradition has it that tensions and conflicts between enemies begin to ease up during the year of the sheep. A good example in recent Korean history is the joining of the two Koreas in the United Nations as well as the first-ever high-level inter-Korean talks in 1991.

Contrary to the upbeat and energetic force of the horse that characterized last year, the year of the sheep is usually dominated by a rather calm and stabilizing energy.

Individuals born under this zodiac sign are also known for their artistic talent and superior negotiation capabilities. Some famous sheep include 16th century Renaissance artist Michelangelo, Mark Twain and Mikhail Gorbachev.

Though the year of the sheep doesn't begin until February 1, according to the lunar calendar, many are still looking forward to a fresh new start. Regardless of their faith in the Asian astrology, Koreans and foreigners alike are hoping the Year of the Sheep will spell peace and harmon

